

Oct 2025



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6 am CROSSFIT 12pm CROSSFIT Community Led 515pm CROSSFIT	2 6am OPEN GYM 12pm COBE LIFT + SWEAT 515pm OPEN GYM	3 6 am CROSSFIT 12pm CROSSFIT Community Led	4 9am CROSSFIT
5 CLOSED	6 6 am CROSSFIT 8am - 10am OPEN GYM 12pm CROSSFIT 515pm CROSSFIT	7 6am COBE Bootcamp 12 pm COBE Bootcamp 1pm - 5pm OPEN GYM 515 pm COBE Bootcamp	8 6 am CROSSFIT 12pm CROSSFIT 515pm CROSSFIT	9 6am OPEN GYM 12 pm COBE LIFT + SWEAT 515pm OPEN GYM	10 6 am CROSSFIT 12pm CROSSFIT Community Led	11 9am - 11am COBE TURNS TWO!! WOD + COFFEE & CAKE
12 CLOSED	13 CLOSED	14 6am COBE Bootcamp 12 pm COBE Bootcamp 1pm - 5pm OPEN GYM 515 pm COBE Bootcamp	15 6 am CROSSFIT 12pm CROSSFIT Community Led 515pm CROSSFIT	16 6am OPEN GYM 12 pm COBE LIFT + SWEAT 515pm OPEN GYM	17 6 am CROSSFIT 12 pm CROSSFIT	18 9am CROSSFIT
19 CLOSED	20 6 am CROSSFIT 8am - 10am OPEN GYM 12pm CROSSFIT Community Led 515pm CROSSFIT	21 6am COBE Bootcamp 12 pm COBE Bootcamp 1pm - 5pm OPEN GYM 515 pm COBE Bootcamp	22 6 am CROSSFIT 12pm CROSSFIT 515pm CROSSFIT	23 6am OPEN GYM 12 pm COBE LIFT + SWEAT 515pm OPEN GYM	24 6 am CROSSFIT 12 pm CROSSFIT	25 9am CROSSFIT
26 CLOSED	27 6 am CROSSFIT 8am - 10am OPEN GYM 12pm CROSSFIT Community Led 515pm CROSSFIT	28 6am COBE Bootcamp 12 pm COBE Bootcamp 1pm - 5pm OPEN GYM 515 pm COBE Bootcamp	29 6 am CROSSFIT 12pm CROSSFIT Community Led 515pm CROSSFIT	30 6am OPEN GYM 12 pm COBE LIFT + SWEAT 515pm OPEN GYM	31 6 am CROSSFIT 12 pm CROSSFIT	